

MOUNT PEARL SCHEDULE

EFFECTIVE JANUARY 15, 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Total Conditioning 5:30am 60 minutes		Strength 5:30am 60 minutes		Friday Special 5:30am 60 minutes	Spin 8:30am 45 minutes
						Total Conditioning 9:30am 60 minutes
						Strength 10:30am 60 minutes
LUNCH	Total Conditioning 12:15pm 45 minutes		Strength 12:15pm 45 minutes		Spin 12:15pm 45 minutes	
EVENING	Strength 5:30pm 45 minutes	Express 5:30pm 30 minutes	Strength 5:30pm 45 minutes	Express 5:30pm 30 minutes		
		Strength 6:00pm 60 minutes		Total Conditioning 6:00pm 60 minutes		
	Total Conditioning 6:15pm 60 minutes	Yoga 7:00pm 60 minutes	Spin 6:30pm 45 minutes	Yoga 7:00pm 60 minutes		

OUR CLASSES

EXPRESS

Half the time, twice the work! This quick 30 minute class involves all the favorite high intensity exercises from a Total Conditioning class only less rest time so we can maximize your exercise time.

STRENGTH

Get the full body strength you have

always wanted. This class will take you back to more traditional strength based exercises to build lean muscle one class at a time.

TOTAL CONDITIONING

Total Conditioning offers 45 second circuit style timed drills that challenge your speed, agility, strength, power, and endurance. This class is great for

people looking to take their training to the next level.

FRIDAY SPECIAL

Fun and fresh every Friday. Elevate your heart rate and kick off the weekend with a class jam packed with cardio, strength and power based exercises. Stations are a mix of pyramid sets and intervals.

SPIN

Spin is for anyone who wants a great cardio workout and you don't have to be a cyclist to love this class. You will be challenged to push yourself, but you control the intensity in a non-intimidating environment. Positive energy, motivating instructors, awesome music and a great sound system

will have you sweating and ready to take on the world. A few classes and you will be hooked!

YOGA

A flowing sequence of yoga poses that will increase strength, flexibility, and mindfulness. This vinyasa style class will help you find your inner warrior.